



YOU MOVE. WE GUIDE.



Active Living for Wounded, Ill, and Injured Sailors and Marines

Your personal best is in reach and active living can help you reach it. Active living during and post-recovery from a wound, illness, or injury may include performing functional movements and core-strengthening exercises required for completing daily activities effectively and injury free. It may include starting or modifying an existing workout program to improve your physical fitness. With the right regimen, you can improve your physical and mental health and accomplish goals you may have thought were out of reach. As a Navy and Marine Corps resource for active living, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department offers you resources to help you find ways to be active. Whether your goal is to lift groceries with ease, find a workout regimen to get in shape, or train like a professional athlete to compete in the Warrior Games, we can help you meet your fitness goals.

For more information on your local resources, contact:

To learn how our resources and tools can help facilitate recovery and strengthen resilience, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX.

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

